

Saving Cooking Time With Skillets

(NAPSA)—According to research at the University of California, it takes an average of 52 minutes to get dinner on the table from start to finish. For many families, however, that's just too long to wait. To help remedy this dinnertime dilemma, consider this fast and delicious recipe.

Campbell's Chicken & Broccoli Alfredo

Prep: 10 minutes

Makes: 4 servings

Cook: 20 minutes

- ½ of a 16-ounce package linguine
- 1 cup fresh or frozen broccoli flowerets
- 2 tablespoons butter
- 1 pound skinless, boneless chicken breasts, cut into cubes
- 1 can (10½ ounces) Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- ½ cup milk
- ½ cup grated Parmesan cheese
- ¼ teaspoon ground black pepper

Prepare the linguine according to the package directions in a 3-quart saucepan. Add the broccoli during the last 4 minutes of the cooking time. Drain the linguine and broccoli well in a colander. Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned, stirring often. Stir the soup, milk, cheese, black pepper and linguine mixture into the skillet. Cook and stir until the mixture



Skillet meals are quick and healthy, making them a tasty mealtime solution for today's busy families.

is hot and bubbling. Serve with additional Parmesan cheese.

Easy Substitution: Substitute spaghetti for the linguine.

“Skillet meals,” named appropriately for the pan they are cooked in, are one-dish meals that combine protein (beef, chicken or fish), grains and a sauce that brings the recipe together. Usually prepared in under 30 minutes, these skillets are not only quick and healthy, but can be easily modified to meet your family's individual cravings.

A great option if you are looking to add sizzle to supper, say the experts at the Campbell's Soup Kitchen, Chicken & Broccoli Alfredo Skillet combines chicken and pasta with savory Parmesan cheese and crisp broccoli to make this skillet dish a popular part of just about anyone's repertoire.

The next time you're trying to deliver dinner on a deadline, just add a few ingredients, and in less than 30 minutes you can enjoy a tasty and well-rounded meal with your family.

For more time-saving recipes, visit www.campbellkitchen.com.